Post-Operative Care Instructions - Teeth Extraction

- chew on the opposite side of your mouth for the next 24hrs and keep anything sharp from entering the wound (i.e. eating utensils, hard bristle toothbrush, coarse food such as rice and grains etc).
- **Do not smoke for the next 24hrs:** Smoking can disrupt the formation of the blood clot and interfere with healing.
- **Brushing:** Avoid brushing your teeth after an extraction until the following day. Following this time frame, you may brush your teeth gently with a soft bristled toothbrush, but avoid the area of surgery by using slow and controlled strokes.
- **Mouthwash:** Avoid all rinsing for 24hrs after an extraction. This is to ensure the formation of a healing blood clot, which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water rinses after 24hrs and **always using a gentle controlled swishing, never vigorous.**
- **Do not spit or suck through a straw:** This will promote bleeding and may dislodge the blood clot, causing a dry socket.
- **Bleeding:** When you leave our surgery, you will be given verbal instructions regarding the control of post-operative bleeding. A rolled up sterile gauze pad will be placed on the extraction site and you will be asked to change this dressing every 30mins, if the wound is still oozing, which is a normal occurrence. We will also give you a package of sterile gauze to take home with you, if the bleeding should continue, remove one from the package & place over the extraction site and bite down for another 30mins. If bleeding still continues, you may fold a moistened teabag in half and bite down on it. Tea contains Tannic Acid, a styptic which may help reduce the bleeding.
- **Pain:** Some discomfort is normal after an extraction. Analgesic tablets (Panadeine, Paracetamol and Nurofen) may be taken under Dr Zoe Skourides direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain persists, please call 03 9877 1700
- **Swelling:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction. This should only be required during the first 12hrs following the procedure. Apply alternately, 20mins on the 20mins off, for an hour or longer if necessary.
- **Diet:** Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yoghurt may be the most comfortable for the first day. It is important to drink plenty of water.

Should you have any problem or query, please contact either the practice or practitioner so that we can advise on the best course of action should any be required. Please remember that it is always easier to correct any possible complication at an earlier stage than to wait!

Telephone Numbers:

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